

## The Effect of Reflective Journal Writing on the Academic Performance of Nursing Students

**Introduction :** Reflective journal writing is an active learning technique as it helps ideas to be clearer when written in text form.

**Aim :** The aim of this study is to investigate the effect of reflective journal writing on the academic performance among Malaysian student nurses in a nursing college attached to a teaching hospital.

**Methods:** A quasi experimental design was employed. Both the intervention and control group consists of 49 nursing students. The research instrument consists of six essay questions based on actual ward experiences in the obstetric ward. The experimental group were taught 6 hours per week on reflective journal writing using Gibbs reflective cycle model for 2 week in addition to the classroom lectures. The control was only taught in the same classroom lectures.

**Results :** Results from ANOVA showed that there is a significant difference in the post test scores between groups and students' ( $p=0.000$ ). The mean score for the experimental group ( $m=62.592$ ) is higher than the mean score for the control group ( $m=53.122$ ).

**Conclusion:** The reflective journal writing is effective in enhancing student academic achievement compared to the traditional method of face to face lectures only.